

Lower body workout

Ready to build strength? Follow this guide and make the most of your time on the gym floor.



the warm up

Don't forget to warm up before you start!

1. CV rowing machine

5 mins steady pace, resistance 5-8



2. Deep squat rig assisted

x 5 reps with 5s pause at bottom



3. Kettlebell hip opener

x 5 (each side)



4. Bodyweight squats

x 10



5. Lunge with reach

x 5 (each leg)



6. World's greatest stretch

x 5 (each side)



You've got this.

the workout

Duration: 45-60 mins | **Level:** Intermediate | **Equipment:** Barbell/Kettlebell

The goal of this workout is to build strength by lifting with heavy weight with the squats. Then work on endurance by reducing the weight and performing more repetitions.

Before you start your working sets, perform at least 3 warm up sets while you work up to the weight you want to use on the first set.

Exercise 1 - Barbell deadlift x 8 reps | 4 sets

Rest for 3 mins in between each set



Exercise 2 & 3 - Superset (one straight into the next, no rest)

Repeat for x 3 sets, rest for 1 min in-between sets

Rear-foot elevated split squats x 8 reps each leg (use dumbbells)



Barbell Romanian deadlifts x 10 reps (option: use a kettlebell)



Exercise 4, 5 & 6 - Circuit

Perform as a circuit, for 3 rounds.

Rest for 45-60 seconds in between each round.

Exercise 4 - Goblet Squat x 10 reps (use a kettlebell)



Exercise 5 - Dumbbell thrusters x 10 reps



Exercise 6 - Deficit lunges x 8 reps, each leg (bodyweight)



the cool down

Cooling down is just as important as the warm up. It can help to prevent injuries and regulate blood flow. Follow these simple moves to end on a high:

Exercise 1 - Pigeon stretch



Exercise 2 - Child's pose



Exercise 3 - Leg crossover



If you need a hand with these exercises, please ask one of the team who will be happy to help.